



Clifton Park Senior Community Center NEWSLETTER

6 Clifton Common Court, Clifton Park, New York 12065 || ph: 518-383-1343

OCTOBER 2025

CLOSED
Columbus Day
Monday, October 13

CENTER HOURS
Monday-Friday, 9am-4pm

WHAT'S NEW?

It's time to renew your membership!
All memberships expire 12/31.

If you would like to continue to receive the newsletter visit CliftonParkNY.gov/subscribe and sign up to receive emails.
**Let us know if you need help signing up!*

If you're not feeling well, we kindly ask that you stay home or wear a mask to help protect others. Masks are available in the lobby. Thank you for your understanding and care for our community!

OFFICE HOURS
3rd Wednesday of the month
Saratoga Co. Department of Aging
1pm-4pm, *contact the Front Desk for appointment.*

Alzheimer's Association
10am-1pm, *for appointment call 518-888-5846.*

VOLUNTEER CORNER

Sign up at the Front Desk!

Dinner set up & serve
Wednesday, 10/15; 3:30pm-6:30pm

Event set up
Wellness Fair 10/23 @ 9am
Halloween Party 10/31 @ 12:30pm

Bakers
Cookies, brownies, bars, etc. for
10/24 Orchestra Concert

Bingo caller
Fridays @ 12:45pm

Front Desk Ambassador
Answer the phone, greet members,
answer questions and make coffee

October Dinner

WEDNESDAY, OCTOBER 15 @5PM

MENU

Tossed Salad with Italian Dressing
Warm Rolls with Butter
Classic Meatloaf with Homestyle Gravy
Mashed Potatoes & Peas
Apple Dumplings

SPONSORED BY	MEMBERS ONLY
	\$15 4 tix/person

Sign up begins Wednesday, October 1

WELLNESS FAIR

TIME: 10AM

THURSDAY, OCTOBER 23 TO 1PM

Join health and wellness professionals in our area to gain resources and learn more about the choices we can make to improve our quality of life!

VACCINES+MEDICARE INFO+BLOOD PRESSURE & MORE!



SOLDIER STOCKINGS

service project
Tuesdays 10/28 & 11/4
Wednesdays 10/29 & 11/5 @10:00am

Filled stockings will be donated to Blue Star Mothers NY who will ship to our troops

WE ARE COLLECTING:

- ★ Small travel sized: games, toiletries & candy
- ★ Red and green felt

HALLOWEEN PARTY!

Friday, October 31 || 1:00pm-3:00pm

Bring a treat to share & \$1 lottery ticket

Costume contest & PRIZES!

Dancing w/DJ Eileen

sign up today... unless you're spooked!

Sponsored by Saratoga Co. Dept. of Aging

BASKET PARTY! SUNDAY OCTOBER 5 @12PM

OPEN TO THE PUBLIC!



Tickets are \$15 and include:

- 25 FREE AUCTION TICKETS
- SANDWICH, BEVERAGES & DESSERT

Theme basket donations are welcomed!

This is a fun afternoon, we hope to see you there!

CHECK PAGE 4 FOR TRIP INFORMATION!

Fridays in October NEW!	11:00am-11:45am	*Aging Backwards: learn gentle exercises designed to feel healthier; increase your range of motion, overall strength, posture and energy. Registration required. FREE. (sponsored by Dept. of Aging)
Wednesdays, October 1 & 15	11:30pm-12:30pm	Live Lunch Music: with Doug H. on the piano. Listen and eat on your own, or listen while you eat lunch from the Dept. of Aging. Lunch registration required.
Friday, October 3	12:30pm-1:30pm	Medicare Q&A: an educational seminar by Cassie and Sonde of OB1 Insurance to help you navigate Medicare options. Registration required. FREE.
Monday, October 6	2:30pm-3:30pm	Cooking for One: with Gayatri. Get ready for the holiday party season and learn how to create a Charcuterie Board. Registration required. FREE. (sponsored by )
Tuesday, October 7	10:45am-11:45am	Just Say Yes to Fruits and Vegetables: Learn the importance of fruit and vegetable intake and how to find more affordable access to fresh produce. Each class consists of an interactive nutrition lesson followed by a recipe demonstration (<i>and samples!</i>). Registration required. FREE. 
Wednesday, October 8	2:30pm-3:30pm	Collette Travel Presentation: Come and learn more about the up-coming Southern Charm trip and see what other travel opportunities might be in store for us! Registration required. FREE.
Thursday, October 9	12:30pm-1:30pm	Strengthening Our Community Together: discover volunteer and connection opportunities, and share an impact with CAPTAIN Community Human Services. Registration Required. FREE.
Fridays starting October 10 NEW!	11:30am-12:30pm	Mountain Dulcimer Class: a 6-week course with Kathie; no musical experience necessary to learn how to play this 3-stringed instrument created by Scottish/Irish settlers. Registration required. FREE.
Friday, October 10	1:00pm-2:30pm	*Creative Jewelry Design: create a matching Halloween set, necklace and earrings. Sample on display at the front desk. Registration required. FREE. (sponsored by Dept. of Aging)
Tuesday, October 14	1:00pm-2:00pm	Meet Vladimir Putin: with Andrew G., a US Government representative in Russia in the early 90s; come hear of his personal encounters with the Russian President. Registration required. FREE.
Tuesday, October 14	9:30am-11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later; 2-3 items – bring supplies if needed (buttons, etc.) No alterations. Laundered Clothing Items Only.
Tuesday, October 14	10:30am-11:30am	*Craft & Chat: Spooky Halloween Lanterns with Judi P. Make this easy craft to add to your spooky holiday décor! Registration required. FREE. (sponsored by Dept. of Aging)
Wednesday, October 15	9:30am-12:00pm	*Craft & Chat: Iris Folding with Pat T. Learn the art of Iris Folding in cardmaking; sample on display at the front desk. Registration required. FREE. (sponsored by Dept. of Aging)
Thursday, October 16	10:00am-12:00pm	*To Love a Child Project: Crafting reusable menstrual pads <i>on the first Thursday of the month</i> for girls around the world who lack access. We need your help to draw, cut, assemble or sew the pads together. We are in need of: plastic snaps size 16 (Babyville) and PUL (Poly Urethane Laminate) Fabric. Use our sewing machines or bring your own. Registration required, but sewing skills are not!
Saturday, October 18	10:00am-2:00pm	*Repair Café: work with Repair Coaches to fix broken treasures and possessions to keep out of landfills; bring in your broken lamps, toasters, furniture, toys, clothing, jewelry, computers, etc. FREE.
Tuesday, October 21	10:30am-12:00pm	Book Club: Participate in a discussion on <i>The Book Club for Troublesome Women</i> by Marie Bostwich. Books not provided. For November 18: read any book by Anita Shreve.
Thursday, October 23	1:30pm-3:30pm	*Musical Jam Session with Chuck Oakes: Whether you play an instrument or just want to listen; if you enjoy acoustic music stop by on the Fourth Thursday. FREE.
Friday, October 24	1:00pm-2:00pm	*Orchestra Concert: Live entertainment with the Center's very own Orchestra on the Common in our yearly Fall Concert. Reception to follow. FREE.
Monday, October 27	2:30pm-4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: Drop-in Program. There is no timetable for grieving; people grieve in their own way and heal at their own pace. You have the opportunity to talk about your loss and share your story with others with similar losses. Learn the signs of grief, self-care, & coping strategies. FREE.
Coming soon: November 12	10:00am-1:00pm	Come Rest and Restore: massages with Annie Brassard of Active Therapeutic Massage and Wellness. Members should <i>call November 5 to be entered into a lottery</i> for one of the 6 free 15-20 minute massages!

Have you ever wanted to LEARN TO PLAY... Registration Required—FREE!

*+Tuesdays 12:30pm-3:30pm: Hand and Foot, a rummy-style card game related to Canasta
Tuesdays 1:00pm-3:30pm: Splendor, a card-based board game; players are Renaissance gem merchants achieving prestige points
Tuesdays 1:00pm-3:30pm: Chess with Rich M.; all are welcome from novice to master, join in!
Wednesdays 10:00am-12:00pm: Bridge with Blaine; 4 person/2 team card game
Thursdays 12:30pm-4:00pm: Pinochle, a strategic trick-taking card game played in teams
*+Thursdays 2:00pm-4:00pm: Pickleball with Colleen S.; learn the basics, lingo and scoring on our indoor court, paddles and balls provided for <i>brand new players</i> ; choose from two sessions: 9/25-10/16 OR 10/30-11/20 NEW!
*+Fridays 10:00am-12:00pm: Mexican Train Dominoes; aim to be the first to play all their dominoes by building trains.

*indicates membership not required +Dept. of Aging Programs: must be 60+ and Saratoga County resident.

***Play Pickleball Indoors!** @YMCA, 1 Wall Street, Clifton Park, 4 courts
First two Wednesdays of the month; 12:15pm-2:45pm
(YMCA membership not required; sr. center membership required)

***Play Pickleball Outdoors!** @Veterans Park, 10 courts
695 MacElroy Road, Ballston Lake; Thursdays; 2:00pm-4:00pm

Sign up for most classes begins one week before the class starts. Class size might be limited.





M O N D A Y	09:00am-10:00am:	Tap Dance (10/6 [no 10/13] 10/20, 10/27) \$15	<p><i>*indicates membership not required</i> +Dept. of Aging Programs: must be 60+ and Saratoga County resident.</p>
	09:45am-12:00pm:	Discussion Group [no 10/13]	
	10:00am-10:45am:	Jazz Dance (10/6 [no 10/13] 10/20, 10/27) \$15	
	10:00am-11:00am:	Chair Yoga (10/6 [no 10/13] 10/20, 10/27) \$21	
	10:00am-12:00pm:	Bocce Ball— <i>Outdoor</i>	
	11:00am-01:00pm:	Beginner & Intermediate Clogging (10/6, [no 10/13, 10/20] 10/27) \$14	
	12:30pm-03:30pm:	Games: Decide as a group! [no 10/13]	
	01:00pm-02:00pm:	Ukulele Group [no 10/13]	
	01:00pm-02:00pm:	Line Dance with Mary & Frank (10/6 [no 10/13] 10/20, 10/27) \$15	
	01:00pm-03:00pm:	Quilting Group [no 10/13]	
	02:30pm-03:30pm:	*+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 10/13]	
T U E S D A Y	09:00am-10:00am:	Exercise to Tape	<div style="border: 1px solid blue; border-radius: 15px; padding: 10px; background-color: #e0f0ff;"> <p style="text-align: center;">Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!</p> </div>
	09:00am-11:30am:	Games: Billiards/Pool	
	09:15am-10:15am:	*Yoga w/Deanna \$5.00/wk. At the Center OR <u>Join Zoom</u>	
	10:00am-12:00pm:	Cards: 5 Crowns	
	10:15am-11:15am:	QiGong with Rob (10/7, 10/14, 10/21, 10/28) \$28	
	10:30am-12:00pm:	Adult Coloring	
	11:00am-12:00pm:	*Ice Skating at Capital Arena \$5/week pd. at ice rink, includes skates	
	11:30am-03:00pm:	* Cards: Duplicate Bridge Group—Sanctioned \$7.00/week	
	12:30pm-03:30pm:	Games: Beginner Mahjong, Scrabble; Cards: Hand & Foot;	
	01:00pm-03:00pm:	Games: Poker Creative: Open Studio Painting with Cynthia (1st & 3rd Tuesday; 10/7, 10/21)	
W E D N E S D A Y	09:00am-10:00am:	Exercise to Tape	<div style="border: 1px solid black; padding: 5px;"> <p>WE NEED YOUR VOICE!</p> <h2 style="margin: 0;">CHORUS</h2> <p>OPEN ENROLLMENT! September 18 through October 16 We meet on Thursdays, 10:00am to 11:30am</p> <p style="background-color: orange; color: white; padding: 2px;">ABILITY TO READ MUSIC NOT REQUIRED, BUT HELPFUL</p> <p>Contact the Front Desk TODAY! 518-383-1343</p> <p style="border: 1px solid black; padding: 2px; display: inline-block;">COME JOIN US!</p> </div>
	09:30am-12:00pm:	Investment Club (2nd & 4th Wednesday; 10/8, 10/22)	
	10:00am-11:00am:	Ukulele Group	
	10:00am-11:30am:	*+Garden Club: <i>Grow your own groceries!</i>	
	10:00am-12:00pm:	Cards: Intermediate Bridge; Creative: Memories to Memoirs (1st & 3rd Wednesday, 10/1, 10/15)	
	10:30am-11:30am:	Meditation (2nd & 4th Wednesday; [no 10/8] 10/22) \$7	
	11:00pm-01:00pm:	*+Indoor Ping Pong	
	12:00pm-02:00pm:	Bowling at Spare Time \$12/week shoes, 2 games, and lunch w/beverage	
	12:30pm-04:00pm:	Games: Mahjong	
	01:00pm-02:00pm:	*MVP Zumba® Gold Toning (9/10 through 11/19) FREE! (sponsored by MVP)	
T H U R S D A Y	09:00am-10:00am:	Exercise with Carlie FREE! (formerly Exercise to Tape)	<div style="border: 1px solid black; padding: 5px;"> <p>Orchestra on the Common If you play the violin or the cello or another orchestral instrument, the <i>Orchestra on the Common</i> needs you! Rehearsals are Friday mornings from September through May and we perform 3-4 concerts a year at the Center. We hope you'll join us!</p> <p style="text-align: center;">Eileen & Vince EFSkinner@aol.com VRServices@midtel.net</p> </div>
	09:00am-11:30am:	Games: Billiards/Pool	
	10:00am-11:30am:	Chorus Rehearsal [no 10/23]	
	10:00am-12:00pm:	Games: Rummikub	
	10:00am-12:00pm:	Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor—(10/9, 10/23)	
	10:15am-11:15am:	*Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u>	
	12:30pm-04:00pm:	Cards: Pinochle Games: Mahjong	
	01:00pm-02:00pm:	Country Line Dance with Linda (10/1, 10/8, 10/15, 10/22, 10/29) \$15	
F R I D A Y	09:00am-10:00am:	Tap Dance— <i>Advanced</i> ; (10/3, 10/10, 10/17, 10/24, 10/31) \$25	
	09:00am-10:55am:	Orchestra Rehearsal	
	09:00am-11:00am:	Woodcarving	
	10:00am-10:45am:	Ballet Class (10/3, 10/10, 10/17, 10/24, 10/31) \$25	
	10:00am-12:00pm:	Games: Dominoes/Mexican Train; Bocce Ball— <i>Outdoor</i>	
	11:00am-12:30pm:	Big Jazz Band [no 10/24]	
	12:30pm-04:00pm:	Games: 5 Crowns, Mahjong	
	12:45pm-02:30pm:	Games: Bingo [no 10/24]	
	01:00pm-02:00pm:	Latin Line Dancing (10/3, 10/17, 10/24, 10/31) FREE—no instructor	
	01:00pm-02:30pm:	*+Jewelry Making (2nd Friday: organized project, see front desk; 4th Friday: BYO project)	
01:30pm-04:00pm:	*+Strategic Scrabble		
02:00pm-04:00pm:	Games: Bocce Ball, Ping Pong, and Cornhole [no 10/31]		
02:30pm-03:30pm:	*+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*		



The SSAS 28th Annual Autumn Jewels Show will be held from October 1 to October 31, 2025. This is a Judged Show featuring cash prizes for Artwork and Photography and is open to the public.

Viewing of artwork will be Monday thru Friday (afternoons): 518-383-1343. SouthernSaratogaArtist.com

SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-October 2025
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Applesauce	2 Meatballs in Sauce Pasta w/Marinara Sauce Broccoli Fruit Cocktail	3 Tuna Salad on Bun Macaroni Salad Marinated Vegetable Salad Brownie
6 Roast Pork w/Gravy Mashed Sweet Potatoes Vegetable Trio WW Dinner Roll Pears	7 Breaded Fish w/Dill Sauce Au Gratin Potatoes Peas & Carrots Mandarin Oranges	8 Teriyaki Glazed Meatballs Egg Noodles Asian Blend Vegetables Fruit Cocktail	9 Spanish Beef & Rice Casserole Mixed Vegetables Warm Peach Crisp Corn Muffin Yogurt	10 Chicken & Biscuit Mashed Potatoes Broccoli Applesauce
13 Closed 	14 Pasta Fagioli w/Sausage Cauliflower Warm Berry Crisp WW Dinner Roll Yogurt	15 Beef Pot Roast w/Gravy Mashed Potatoes Asparagus Vegetable Medley Pears	16 Chicken w/Apple Cream Sauce Brown Rice Pilaf Butternut Squash WW Dinner Roll Mandarin Oranges	17 Pasta Bake w/Meat Sauce Broccoli Wax Beans WW Dinner Roll SF Chocolate Pudding
20 Pork w/Fiesta Sauce Rice Pilaf Vegetable Trio Corn Muffin Peaches	21 Meatloaf w/Gravy Mashed Potatoes Brussels Sprouts Shortbread Cookies	22 Birthday Special Herb Chicken w/Gravy Stuffing Beets Frosted Cake 	23 Vegetable Quiche Bake O'Brien Potatoes Warm Apple Crisp Yogurt Mandarin Oranges	24 LS Turkey & Swiss Cheese on Bun Mayonnaise Potato Salad Marinated Green Beans Yogurt
27 Chicken Noodle Casserole Broccoli Warm Apple Crisp WW Dinner Roll	28 Chili Spinach Cauliflower Corn Muffin Fruit Cocktail	29 Beef & Broccoli Rice Pilaf Wax Beans Fig Cookies	30 Breaded Fish Tartar Sauce Macaroni & Cheese Mixed Vegetables Applesauce	31 Halloween Special Roast Pork w/Frankenberry Sauce Monster Mashed Potatoes Asparagus w/Bacon Bits Dinner Roll Chocolate Cupcake with Orange Colored Frosting Count Chocula  Chocolate Milk

Menu Subject To Change: Coffee, Tea and Butter are served daily at sites. If you have a food allergy, please notify our staff. Allergen information for the menu is available. Please contact Saratoga County Department of the Aging & Youth Services for more details. The suggested contribution is \$2 per meal. There is a \$10 fee for guests under the age of 60. Please make checks payable to: **Mazzone Hospitality LLC, and mail to Saratoga County Department Of Aging & Youth Services, 152 West High Street, Ballston Spa, NY 12020**

**To sign up for the Gather and Dine Lunch Program at the Senior Center, call 518-383-1343
by Noon the day *before* you intend to come to Lunch.**

SUPPORT OUR ADVERTISERS WHEN YOU CAN...LET THEM KNOW YOU APPRECIATE THEIR AD!

Where do you want to go?

CLIFTON PARK SENIOR COMMUNITY CENTER

Lake George Dinner Theatre "Incident at Our Lady of

WAIT LIST! *Perpetual Help*" - Thurs. Oct. 2

Oktoberfest Wedding of Frieda & Fritz

Riverview Inn, PA - Thurs. Oct. 16

Beardslee Castle Murder Mystery Luncheon

Little Falls, NY - Sun. Nov. 9 **WAIT LIST!**

Christmas Spectacular Radio City Rockettes

w/White Star - Dec. 9-11

Southern Charm, Charlston, SC; Georgia: Savannah, St

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April 7-13, 2026

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Thank You!

*to CDPHP for sponsoring September's dinner, to Mom & Pops Café for the great lasagna meal they prepared and to our volunteers (including Supervisor Phil Barrett) who served us!



*to Kingsway Community for another Sweet Shop Bingo filled with great prizes and great sweets!

*to everyone who donated toward our upcoming Soldier Stockings project—keep those supplies coming!

*to MVP Healthcare for bringing back Zumba Gold—we love to dance!



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Witecki Law Office

8 South Church Street
Schenectady, NY 12305
518-372-2827
www.WiteckiLaw.com

Glenn Witecki provides in-person, free consultations, the 3rd Thursday of **every other month** at the Clifton Park Senior Center (9:00 a.m. – 12:00 p.m.), or in his office any time (evening hours available).

If you are looking for guidance beyond “standard estate planning,” Glenn can help!

Glenn has been practicing law for 36 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home?

He will also tell you why a properly-drafted Power of Attorney may be the most important estate planning document that you ever sign!

Call our office directly to set up an appointment. Under special circumstances home visits can be arranged.

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DID YOU KNOW?!

The Clifton Park Senior Center is available for private events Monday through Friday after 4pm, as well as all day on weekends. Whether you're planning a party, shower, business meeting, or another special occasion, consider renting our versatile space. We offer rooms suitable for intimate gatherings or groups exceeding 100 guests. Tables, chairs, and ample parking provided.

CONTACT US FOR MORE INFORMATION: 518-383-1343.

Your Medicare Coach



Sandra Kahlon, OTR/L
 Medicare Coach and Educator

Phone: 518-495-1695
 Sandra@YourMedicareCoach.org
 www.SandraKahlonServices.com

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“We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Contact medicare.gov or 1-800-MEDICARE to get information on all of your plan options.”

Not affiliated or endorsed by the Federal Medicare Program



Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

TO: CURRENT OCCUPANT OR

Services for You

• **Gather & Dine Daily Lunch Program:** To Reserve your Lunch: Call by Noon the day before at 518-383-1343. Menu can be found online [HERE](#) or at the Center. • **Free Legal Assistance** offered through the Saratoga County Dept. of Aging. Make an appointment by calling 518-884-4100. • **We accept donations** of wheelchairs, seated walkers and other items and loan them out to those who need them! • **Do You have old prescription medications** and are not sure what to do with them? Stop in at the Center to pick up a DETERRA drug deactivation system provided by NYS.

Town of Clifton Park Senior Express

- Riders must be 50 years of age or older and live in the Town of Clifton Park.
- A wheelchair lift is available.
- Those needing assistance must be accompanied by an escort.
- Adult handicapped persons under 50 years of age will be considered on a time available basis.

Monday, Tuesday & Thursday:

Medical appointments to the following areas:
 Albany, Schenectady, Troy, Ballston Spa,
 Saratoga, Mechanicville and Latham.

Wednesday & Friday:

Clifton Park shopping and local appointments only.



Call Senior Van Dispatch
 at 518-371-4444
 9:00am – 1:00pm

Town Staff Directory

Town Supervisor Phil Barrett	371-6651
Town Board Members	371-6651
Animal Control Officer	371-6756
Town Attorney Paul Pelagalli	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Wade Schoenborn	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Stephanie Ranze	371-6681
Town Court - 5 Municipal Plaza	371-6668
Town Comptroller Mark Heggen	371-6651
Storm Water Mgmt Technician Scott Reese	371-6054
Highway Superintendent Dahn Bull	371-7310
Parks & Recreation Director Mike Woerner	371-6667
Planning Director John Scavo	371-6054
Receiver of Taxes Rose Savallo	371-5720
Director of Safety & Security Lou Pasquarell	348-7311
Town Security Officers	369-6651
Sewer Director Mike O'Brien	348-7313
Transfer Station	371-6669
Senior Center Director Sue Leonard	383-1343

Email your Town Board

Supervisor Philip C. Barrett:	pbarrett@cliftonpark.org
Deputy Supervisor Anthony F. Morelli:	amorelli@cliftonpark.org
Councilman Zabed Manir:	zmanir@cliftonpark.org
Councilwoman Agatha Reid:	areid@cliftonpark.org
Councilwoman Lynda M. Walowit:	lwalowit@cliftonpark.org

The Town's office buildings are open from Monday through Friday, 9 AM to 5 PM, excluding holidays.
 The **Town Clerk's** office is open until 7:00 PM every Thursday.
 The **Building** and **Parks & Recreation** Departments open at 8:00 AM Monday through Friday.